



Smoking is
dangerous for you
& your children!

Secondhand smoke is what you smell
and breathe when someone else is smoking.



Secondhand smoke can cause:

- Harm to an unborn baby and result in prematurity or low birth weight.
- Short survival after birth and has been linked to Sudden Infant Death Syndrome (SIDS).
- Children to get sick more often with coughs, breathing problems such as asthma, and ear infections.
- Adults to get lung cancer and is bad for the heart.

Secondhand smoke does not go away even
when you turn on fans or open windows in homes, cars or
other confined places.

Thirdhand smoke is the odor you smell
and breathe from a smoker's clothing or hair, the
interior of their car or inside their home long after
the smoke is gone.



Thirdhand smoke toxins can cause:

- Harm to an unborn baby, resulting in learning and behavioral problems such as ADHD (attention deficit hyperactivity disorder).
- Pediatric health problems, such as cancer, lower IQ and low reading scores.

Thirdhand smoke is especially easy for a small child
to come in contact with when they crawl and play on contaminated
surfaces or when they lay their head on the shoulder of a smoker.



Sedgwick County...
working for you

For more information on *secondhand smoke* and *thirdhand smoke*,
contact the Sedgwick County Health Department at 316-660-7350,
or visit www.sedgwickcounty.org.

For information on prenatal and parenting education groups that
provide information on the effects of smoking on you and your baby,
please call Healthy Babies at 316-660-7433.

If you want to quit now or get information for a loved one, the *Kansas
Tobacco Quitline* can help. Call the Quitline now at 1-800-QUIT-NOW!